

Water Exercise

CRC's fun aquatic fitness programs help you improve your fitness level, decrease stress and build strength & muscle tone.

Water Exercise is a 60-minute, aerobic, water workout, designed to get your heart pumping. Stay cool and workout to music.

Did you know that every gallon of water you move weighs 8.3lbs?
Your first class is free, so give it a try!

Before starting any workout program, please consult your physician.

Bond Hill	Monday	5:45pm-6:45pm
Evanston	Monday & Wednesday	11:30am-12:30pm
Madisonville	Tuesday & Thursday	6:30pm-7:30pm
Millvale	Monday & Wednesday	6:30pm-7:30pm
Mt. Washington	Tuesday & Thursday	11:00am-12:00pm
Oakley	Tuesday & Thursday	11:00am-12:00pm
Otto Armleder @ Dunham	Monday-Friday	6:30pm-7:30pm
Pleasant Ridge	Tuesday & Thursday	9:00am-10:00am

Water Exercise passes can be purchased at any of the above pools.

Arthritis Exercise available at Mt. Auburn Indoor Pool

June 8 – August 20

270 Southern Ave, Cincinnati, OH 45219

Tuesday

3:15 pm – 4:00 pm

Thursday

2:15 pm – 3:00 pm

Friday

1:15 pm – 2:00 pm

Water Exercise & Arthritis Exercise classes: \$5.00/class

Classes require a CRC All-City of Pool-Only Membership in addition to the fee.

Package of 10 classes

\$40.00 (that's only \$4.00/class!)

Package of 20 classes

\$72.00 (that's only \$3.60/class!)

For more information contact your CRC pool or call **513.357.POOL (7665)**